

were rescued, not from the
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very existence of law, it is

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WANTED Immediately, a **Journeymen Printer**, is a good workman at Stone and Press. A husband of a good wife, and possessing a good attain in an office in the country, by inquiring at this office.

POETRY.

PUBLIC WORSHIP.

Suggested by attending the services at Bourdieu St. Church, July 31, 1836.

It was a day of rest. The bell had tolled.

With slow and solemn tread, the people came

Into the house of God. With sympathy

The organ bore the stillness of the morn,

To calm the mind, and raise the thoughts to heaven.

As if impelled by impulse from above,

The choir, with one accord, arose, and sang

Ascriptions of high praise to Israel's God,

"Who had redeemed and visited his people."

How grateful the scene, when parent's love,

With grateful hearts, the children of their love,

To introduce them to the house of prayer,

And give them up to God! This offering now

Was freely made at the baptismal font,

And all was still, save when the pastor's voice

Announced an infant's name, and placed the seal

Of Father, Son and Holy Ghost, 'pon its quiet brow!

So Lydia, and the saints of other days

Were wont to bring their households to the Lord.

The traits of those who bear the Christian's name,

Were there unfolded by the man of God;

Their views of duty, zeal in doing good,

Peculiar aims, and self-denial's here,

With all their glorious hopes of future bliss.

He faithfully portrayed. Then closed the prayer;

And round the altar stood a numerous band

Of youth, with loud heart and faltering step,

And claim the hopes of covenant love.

Their voices were heard on high; and sooner far

The mother shall forget her tender care,

Than Jesus fail to own and save the souls

Who on his name believe—

Oh! if the holy ever from the skies

Descend on joyful wing to this dark world,

And heavenly bliss in earthly scene find,

"Tis when they hover o'er the sacred place

Where sinners come, subdued by grace divine,

To own allegiance to the King of heaven,

And join the people of the living God!

— Around the sacramental board

Had come, with tearful eye and broken heart,

And trembling hope, and consecrated life,

The humble hand, for fellowship divine.

The shepherd to his flock had just proclaimed

The "love of Jesus"—spoken of such love,

As earthly sympathy has never known;

Of grace, eternal, infinite, intent

To work redemption for a ruined world!

They took the pledges of his dying love.

The stains of guilt, the fears of future wrath,

The smitten conscience, and the life of sin,

Were all remembered. They remembered too

The Saviour's night of sorrow, when alone

He wrestled in the garden. The sad scenes

Of calvary, the cross, the crown of thorns,

The pierced side, the dying agonies,

The darkness of the tomb—

By faith they saw him rise. From Olivet,

Again in triumph witnessed his ascent.

And then they caught a glimpse within the veil,

His dazzling throne, the glorious hosts of heaven,

Their palms of victory, their immortal crowns,

Their harps of gold, in rapturous vision saw!

In heavenly strains they heard the ransomed sing,

"Jesus the Lamb is worthy to receive

Thanksgiving, glory, everlasting praise,

Who his own life for our salvation paid,

And made us kings and priests forever more." P.

Travels.

DR. HUMPHREY'S TOUR.—NO. XXIII.

Health of England.

My first and my last impressions of England

are, that the people are considerably more

robust and healthy, than we are. I know, in-

deed, that their full habit and ruddy appear-

ance have been ascribed by some, to the enor-

mous quantity of beer which they drink. It is,

they tell us, rather the bloated countenance of

health, than the reality of it. When we see, in

this manner, the same extent of it, I have no

doubt that strong beer, like other intoxicating

drinks, is exceedingly deleterious in its effects

upon the human constitution; and that it im-

parts to those who use it freely, a great deal

more morbid fat and rotundity, than solid mus-

cle. Still I am convinced, that higher and bet-

ter health is enjoyed in England, and in Scot-

land and Ireland too, than in the United States.

Life is longer, as the bills of mortality show—

not that in New England—but that the aver-

age, in our country at large. If they had no

more paupers than we have, I presume the ad-

vantage in their favor would be considerably

greater than it is. When the English emigrate

to our churches, Drs. Reed and Matthews

landed in New York, two years ago, it seemed

to them that some great sickness must have

lately fallen upon the city, so wan and emac-

iated were multitudes, especially of females,

whom they met in the streets; and they after-

wards visited Boston, that the same sickly

aspect was spread over the face of its busy popu-

lation. And I confess, that when I returned

from my short tour, I was struck very much in

the same manner. So many pale shadows, and

so much bile, I had not seen in six months, as

met with in England. I have no doubt, that

what is this difference of climate.

I had heard so much of the everlasting damps

and fogs of the British Islands, that I was very

agreeably disappointed the morning after we

landed in Liverpool, to be greeted by a bright

sun in my chamber; and, in the air, to see it

daily, for nearly a fortnight. I have no doubt,

that from December to March, it is gloomy

enough in our "father land." My own obser-

vation extended only from April to September;

and it was said to be an uncommonly dry sum-

mer. One thing I am sure of, that although I

traveled a great deal, and after the top of

the coach, as almost every body does, I suf-

fered very little inconvenience from rain,

during the whole season; much less, it appar-

ed to me, than we ordinarily experience in New

England. To the extremes of heat and cold,

which are so trying here, they are not liable.

Even when the mercury is higher, there is an

elasticity and vitality in the air, owing to

supposed to the surrounding oceans, which we

do not enjoy under the same temperature. One

or two days in London, my fellow-boarders

complained much of the oppressive closeness of

the atmosphere; but thought I, if you pant

England are so mild, that the fields are always

green, and the frost sometimes scarcely pen-

etrates the ground at all. Now it seems to me

that such a climate must be more healthy, than

one which, like ours, ranges from thirty or forty

degrees below zero, to ninety-five or a hun-

dred above; and where the changes are so great

and sudden, as we often experience.

Another cause to which I was led to ascribe

the high health which the English, particularly

females and children, seem to enjoy, is their

being so much abroad, and taking so much ex-

ercise in the open air. Our method of impris-

oning children to prevent their taking cold,

and soiling their white frocks and white faces,

would astonish them. Infants, as I was as-

sured, are carried out into the gardens and pleas-

ure-grounds, when they are but a few days old,

and the fresh breezes and invigorating influ-

ences of the open air, and the fresh breezes and

country, are nurses, (and among the lower

classes,) mothers abroad, at all hours, with

their babies in their arms, and the little ones

that can walk gamboling by their side. To be

sure, these children are what some of our

mothers would call vulgarly chubby and fat,

but then they are healthy, and their

physical education is concerned, what can

be so important as this?

Riding on horse-back is one of the favorite

exercises of the ladies in England; but not so

much so as walking. What would our wives

and daughters think of walking out five or six

miles in an afternoon, and then coming in, and

then back in the evening? But they do it with

the greatest ease imaginable. To give you

an example: When I was spending a day in

Nottingham, the Rev. Mr. Gilbert very po-

litely invited me to take a pedestrian excursion

with his family, to Clifton Grove, five miles

from Nottingham, in England, nearly

three days, I think, as well as four, some

were to be of the party. I of course could not

decline, on account of the distance, had I been

so disposed. We left N. as soon as dinner was

over, and having, after a delightful ramble upon

the banks of the Trent, refreshed ourselves at

one of the cottages of the village, we came

back, as the sun was nearly down, whether

we should venture by the most direct route, or

by crossing the river, make a circuit, of a mile

or two, for the sake of getting a finer view of

the country. I freely confess, that could I have

given my vote under less gallant circumstances,

it would have been in favor of the shortest route

for how, and when were we to get back?

But as Mrs. G. and the young ladies seemed

quite inclined to prolong the excursion, I yielded

with as good a grace as I could. Our late

return was so weary to myself, that I felt some

solicitude about Mrs. G. and her daughters,

which I manifested by inquiring of her son next

morning, as I left at two o'clock, whether they

and she seemed to be promoted to the

same rank. He assured me that they were

quite well, and that the ramble which we had

taken was a favorite habit of the family, when

they were all at home and at leisure. Can it

be doubted, that such a habit early formed, and

continued, would greatly promote the

health of a family?

Another reason I am persuaded, why the

females of the higher classes in England are

more healthy than the same classes in this

country, is, that they guard themselves better

when they go out in unfavorable weather. So far

as I judge, they seldom promenade the

streets in London and other large cities, in the

same manner as we do here. They wear

displays. Thin slippers and light fash-

ionable dresses, tripping along over wet pav-

ements, they will seldom see. Nearly all the

respectable ladies you meet, appear to be as

warmly clad, and as well guarded against all

atmospheric exposures, as the men. Can any

body doubt, that there is in some parts of our

own country, a great annual waste of health

and life, occasioned by such exposures? How

many are now in their graves, who by suitable

care, might have lived to adorn and bless the

circles in which they were destined to move;

and how many more, who are now in the ex-

horable way of fashion, are daily gliding in

dust and prunella, down to the chambers of

death!

Again: there is less nervous and mental

excitement in England, than in America, owing

to the difference of circumstances; and this may

be the principal cause of the better health which

is enjoyed there than here. There, every thing,

almost, has long since found its level and its

fixed. All the forms of business are settled

and fixed. All the professions are full. All

the land is possessed. All the stimulants to in-

dustry and enterprise have been applied. There

is no more room for improvement in any of

the great departments of human exertion.

But with us, nothing is settled. Every thing

is in the advance. We have a rich and bound-

less country, yet to be possessed. Its inex-

haustible resources are just beginning to be de-

veloped. A thousand new channels of enter-

prise are opened every day, and there is room

enough, for all, to turn their industry to ac-

count to the very best account; and the natural

consequence is, a sort of contagious mental fever,

to which our kindred upon their little island are

far less exposed, and which is unfavorable to

high health and long life. We walk faster than

they do; and work harder, and subject our

systems to more fatigue, and exertion, than they

do. Our pulse beats quicker than theirs, and of

course the machine wears out faster. Our

merchants, and other men of business, are

more care-worn—they are more absorbed in

thought, as they hurry through the crowded

streets—there is a far-reaching eagerness in

their countenances, and in the expression of

their eyes, which we seldom see in the English

eye, which you seldom notice abroad. In short,

the watch-word here among all classes of our